

Birmingham Adults Community Timetable: 12th October- 30th October 2026

	Activity	Where	When	Cost
Monday 12th October	Tag Rugby 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am  → 	£7.50 
Monday 12th October	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:00am - 12:00pm  → 	£7.50 
Monday 12th October	Stretch & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	11:00am to 12:15pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 12th October	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 12th October	Creative Dance with Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm to 3:30pm  → 	£7.50 
Monday 12th October	Booking Essential! Dynamo Adults Social Gathering Bingo 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm  → 	£7.50 
Tuesday 13th October	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 

To book and for more information call: 0121 427 6404

Please note when booking that some community sessions are weather dependant and must have enough people to go ahead on the day.

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	Activity	Where	When	Cost
Tuesday 13th October	Booking Essential! Bake Off: Cinnamon Rolls 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  →  Please arrive by 1:15pm at the latest.	£10 
Tuesday 13th October	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm  → 	£7.50 
Wednesday 14th October	Parkspin 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00pm  → 	£7.50 
Wednesday 14th October	Arts & Crafts Sunflower Painting 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:30am - 12:00am  → 	£7.50 
Wednesday 14th October	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm  → 	£7.50 
Wednesday 14th October	Karoke 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:00pm - 3:00pm  → 	£7.50 

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	Activity	Where	When	Cost
Thursday 15th October	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 15th October	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15am - 12:15pm  → 	£7.50 
Thursday 15th October	Booking Essential! Keep Fit Gentle Stretch and Movement 	Clifton Road, Outdoor Education Centre Clifton Rd, Sutton Coldfield B73 6EB	10:00am - 11:00am  → 	£7.50 
Thursday 15th October	Booking Essential! Squash 	Sutton Coldfield Squash Club, Highbridge Rd, Birmingham, Sutton Coldfield B73 5QB	11:30am - 12:30pm  → 	Free 
Thursday 15th October	Booking Essential! Feel Good Art with Charlotte 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 3:00pm  → 	£10 
Friday 16th October	Booking Essential! Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 16th October	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 

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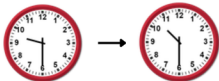
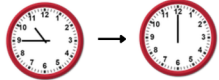
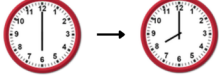
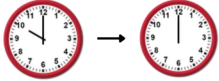
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	Activity	Where	When	Cost
Friday 16th October	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm  → 	£6 
Friday 16th October	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm  → 	£7.50  Everyone Welcome!

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	Activity	Where	When	Cost
Monday 19th October	Tag Rugby 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am 	£7.50 
Monday 19th October	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:00am - 12:00pm 	£7.50 
Monday 19th October	Stretch & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	10:45am to 12:00pm 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 19th October	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£7.50 
Monday 19th October	Creative Dance with Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm to 3:30pm 	£7.50 
Monday 19th October	Booking Essential! Dynamo Adults Social Gathering Old House at Home 	Meets at: Old House at Home 193 Lordswood Road B17 8QP	6:00pm - 8:00pm 	£2.50  Bring money for food and drink
Tuesday 20th October	Journey Through Music with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 

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	Activity	Where	When	Cost
Tuesday 20th October	Booking Essential! Bake Off Halloween Cupcakes 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm 	£10 
Tuesday 20th October	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 21st October	Weoley Castle Community Centre will be CLOSED all day due to external event			

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	Activity	Where	When	Cost
Thursday 22nd October	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am  → 	£7.50 
Thursday 22nd October	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15pm - 12:15pm  → 	£7.50 
Thursday 22nd October	Booking Essential! Squash 	Sutton Coldfield Squash Club, Highbridge Rd, Birmingham, Sutton Coldfield B73 5QB	11:30am - 12:30pm  → 	Free 
Thursday 22nd October	Booking Essential! Feel Good Art with Charlotte 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 3pm  → 	£10 
Friday 23rd October	Booking Essential! Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am  → 	£7.50 
Friday 23rd October	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm  → 	£7.50 
Friday 23rd October	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm  → 	£6 

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	Activity	Where	When	Cost
Friday 23rd October	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50  Everyone Welcome!

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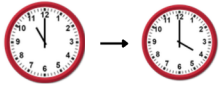
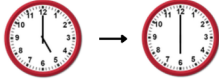
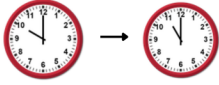
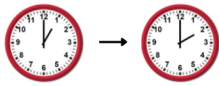
	Activity	Where	When	Cost
Monday 26th October	Tag Rugby 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	9.30am-10.30am  → 	£7.50 
Monday 26th October	Line Dancing with Trevor 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:00am - 12:00pm  → 	£7.50 
Monday 26th October	Strech & Flow Mobility Yoga with Coffee & Cake 	HL Therapy Studio, 1401 Bristol Road South, B31 2SU	10:45am to 12:00pm  → 	£12 - BOOKING IS ESSENTIAL. Wheelchair Accessible 
Monday 26th October	Digital Content Creating Workshop 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:30pm  → 	£7.50 
Monday 26th October	Creative Dance with Hayley 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm to 3:30pm  → 	£7.50 
Monday 26th October	Dynamo Adults Social Gathering Quiz 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:00pm - 8:00pm  → 	£7.50 

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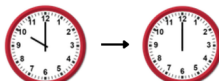
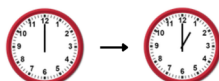
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	Activity	Where	When	Cost
Tuesday 27th October	Booking Essential! Cannon Hill Park 	Cannon Hill Park MAC Centre Edgbaston	11:00am - 4:00pm 	£2.50 Trip fee:  Lunch: MAC is card payment only or bring a packed lunch
Tuesday 27th October	Football 	Moseley School Fitness Centre, Springfield Rd, Birmingham, B13 9NP	5:00pm - 6:00pm 	£7.50 
Wednesday 28th October	Drama Games with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 11:00am 	£7.50 
Wednesday 28th October	Musical Singalong with Rob 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	11:15pm - 12:15pm 	£7.50 
Wednesday 28th October	Dance for Wellbeing 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:00pm - 2:00pm 	£7.50 
Wednesday 28th October	Fighting Vulnerability BOXFIT 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	2:30pm - 3:30pm 	£7.50 

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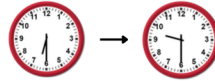
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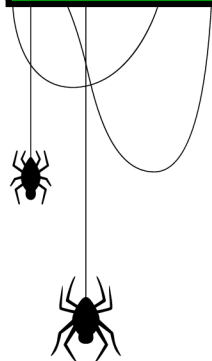
	Activity	Where	When	Cost
Thursday 29th October	Booking Essential! Cinema Trip to watch: Wildwood 	Travel by Train Meet at: Selly Oak Train Station, Selly Oak, Birmingham B29 6DP	9:30am - 2pm 	£2.50 Trip fee  £3.60 train ticket  £5 Cinema ticket 
Friday 30th October	Booking Essential! Swimming 	The Sir Doug Ellis Woodcock Sports Centre, Aston University, Woodcock St, Birmingham B4 7ET	10:00am - 11:30am 	£7.50 
Friday 30th October	Creative Minds with Henry Liggins 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	10:00am - 12:00pm 	£7.50 
Friday 30th October	Booking Essential! Hot Lunch for Citizens and Carers 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	12:00pm - 1:00pm 	£6 
Friday 30th October	Movement and Relaxation with Jacky Bring a Blanket 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	1:30pm - 2:30pm 	£7.50  Everyone Welcome!

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	Activity	Where	When	Cost
Friday 30th October	Monthly Disco 	Weoley Castle Community Centre, Bottetourt Road, B29 5TE	6:30pm - 9:30pm 	£5 admission + £5 food. Please book if you wish to have food.  Booking essential for food by Wednesday 28th October



 **HAPPY** 
HALLOWEEN



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ACTIVITY DESCRIPTION:

Arts & Crafts – Sunflower Painting: Get creative and have fun painting your own sunflower picture.

Bake Off – Cinnamon Rolls: Make and bake tasty cinnamon rolls together.

Bake Off – Halloween Cupcakes: Make and decorate tasty Halloween-themed cupcakes together.

Cannon Hill Park: Enjoy a trip to Cannon Hill Park, where you can explore the park and spend time together.

Cinema Trip to Watch Wildwood: Travel by train to the cinema and enjoy watching the film Wildwood together.

Creative Dance with Hayley: Enjoy moving and dancing to music in a fun and creative way.

Creative Minds with Henry Liggins: Get creative with Henry and enjoy activities that use your imagination.

Dance for Wellbeing: Enjoy gentle dancing and movement to music to help you feel happy and active.

Digital Content Creating Workshop: Learn how to make digital content such as photos, videos and other things to share online.

Drama Games with Rob: Have fun playing drama games, acting and using your imagination.

Dynamo Adults Social Gathering – Bingo: Play bingo by listening for numbers and marking them off on your bingo card.

Dynamo Adults Social Gathering – Old House at Home: Meet other people at the Old House at Home for food, drinks and time together.

Dynamo Adults Social Gathering – Quiz: Meet other people and have fun answering quiz questions together.

Feel Good Art with Charlotte: Get creative and enjoy making art with Charlotte in a relaxed session.

Fighting Vulnerability – BOXFIT: Try boxing-style exercises to help you get active, build confidence and have fun.

Football: Play football by passing, kicking and trying to score goals with other people.

Hot Lunch for Citizens and Carers: Enjoy a hot meal and spend time eating and chatting with other people.

Journey Through Music with Henry Liggins: Explore music with Henry through singing, playing and listening to music.

Karaoke: Choose your favourite songs and have fun singing along to the music.

ACTIVITY DESCRIPTION:

Keep Fit – Gentle Stretch and Movement: Take part in gentle stretches and movements to help keep your body active.

Line Dancing with Trevor: Learn simple dance steps and dance in lines together to music.

Monthly Disco: Enjoy an evening of music, dancing and spending time with friends.

Movement and Relaxation with Jacky: Enjoy gentle movement and relaxing activities to help your body and mind feel calm.

Musical Singalong with Rob: Sing along to familiar songs and enjoy making music together.

Parkspin: Enjoy an indoor inclusive spin cycling session using adapted and standard bikes, with support to cycle at your own pace.

Squash: Play squash by using a racket to hit a ball against a wall.

Stretch & Flow Mobility Yoga with Coffee & Cake: Try gentle yoga and stretching to help your body move, then enjoy coffee and cake together.

Swimming: Enjoy swimming and moving around in the water at your own pace.

Tag Rugby: Play a fun, non-contact version of rugby where you take a tag from another player instead of tackling them.